



# Eagle View Adult Center

September & October 2015



Car Show  
Sat. September 12  
8:30-10:30 a.m.  
See page 4

Class & Event Registration begins Mon. Aug 31  
Trip Registration begins Tues. Sept 1  
See pages 2 & 15 for details!  
Birthdate information is needed for all participants

1150 Prairie Center Parkway, Brighton, CO 80601  
303-655-2075  
[www.brightonco.gov](http://www.brightonco.gov)

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**Hours:** Monday - Friday 8:00 a.m. - 4:00 p.m.

**Phone:** 303-655-2075

**Location:** 1150 Prairie Center Parkway  
Brighton, CO 80601

### **Eagle View Center Staff**

Sue Corbett - Director

Donna Singer - Program Coordinator

Ermie Marquez - Information & Referral

Gayle Martinez - Administrative Assistant

Becky Eichem - Front Desk Receptionist

Christina Harris - Trip Coordinator

Eleanor Maestas - VOA Meal Site Coordinator

Lucy Castro - Custodial Staff

Sue Wingen - VNA Nurse

### **On The Cover**

Jeanette Bell smiles as John Chew drives her to the Car Show in 2013. Don't miss this year's show Sat. Sept 12 from 8:30 to 10:30 a.m.

### **VOA Lunch**

A hot, nutritious lunch is provided by Volunteers of America, **Monday - Thursday**. Lunch is served at 11:30 a.m. Reserve your meal **2 working days in advance** by calling 303-655-2271 (Mon - Thurs, 10 a.m. - 1 p.m.)

Daily meal donations are appreciated.

\$2.50 Donation per meal if age 60+

\$7.25 Mandatory charge if under 60

## **REGISTRATION PROCEDURE**

### **CLASSES & HAPPENINGS REGISTRATION begins on Monday, Aug 31 at 8:00 a.m.**

- Registration is on a first-come, first-serve basis. You can register for yourself and one other person. Cash or checks only, no credit cards accepted. No trip registration.

### **TRIP REGISTRATION starts Tuesday, Sept 1 and is held as a LOTTERY.**

- Doors open at 8:00 a.m. to fill out your registration form. **Breakfast refreshments provided by ASHLEY MANOR.**
- To be in the first round of trip registration, be in the dining room between **8:15 - 8:30 a.m.** to pick a number. Numbers are randomly drawn, so there is no advantage to drawing first.
- **Registration begins at 8:30 a.m.** for people with lottery numbers. During this time, you can **register for yourself and only one other person**. You may also register for classes and happenings at this time. No credit cards.
- When lottery registration is over (approximately 10:30 a.m.), we will re-open registration on a first-come, first-serve basis.
- **After Sept 1**, register for all activities and trips at the front desk during business hours.
- Registration is taken until the deadline date listed for each activity OR until all spaces have been filled. Don't wait - activities fill fast!

### **Senior Wellness Clinic**

The Senior Wellness Clinic focuses on health promotion and disease prevention for adults 55+. Operated by Visiting Nurses Association (VNA), services include foot care, health assessments, and blood pressure checks. Appointments required - call 303-655-2075. Medical foot care fee is \$25, due at the time of service. Reduced fees available. Foot care is Kaiser covered with pre-approval.

Clinic hours: 9:00 a.m. - 3:00 p.m.

Thursdays Sept 3 - 24 & Oct 1 - 22

Fridays Sept 18 & Oct 16

**Center Closed Monday, Sept 7**

# Continuous Drop-in Activities

3

## Cards, Cards, Cards!

Meet friends for an afternoon of fun. New players are welcome. Questions? Call the volunteer.

## Hand and Foot

1:15 - 3:30 p.m.  
Mondays  
Center closed Sept 7  
Room: Hawk/Heron  
Linda 303-910-4221

## UNO

10:00 - 11:30 a.m.  
Tuesdays  
Room: Brown

## Pinochle Pals

12:30 - 3:30 p.m.  
Tuesdays  
Room: Hawk/Heron  
Sandy 303-288-1489  
Chama 720-244-6216

## Cribbage

12:30 - 3:30 p.m.  
Wednesdays  
Room: Falcon  
Chuck 720-685-3369

## Bridge

12:30 - 3:30 p.m.  
Fridays  
Room: Hawk/Heron  
Judy 303-378-5226

## Pitch

12:30 - 3:30 p.m.  
Fridays  
Room: Falcon  
Shirley 720-685-3369

**Rodger Quist and his 2nd Grade Pen Pal share some fun.**  
**Want to be a Pen Pal this year?**  
**Call Sue 303-655-2076**



## Bingo

No fee - just fun! Prizes vary from bakery goods to "white elephant" gifts. We play immediately following VOA lunch. Please drop off bingo donations at the front desk. No bingo Sept 7.  
12:00 - 12:45 p.m.  
Mondays & Thursdays

## Computers Available

Computers with free internet are available when the Falcon Room is not occupied. See front desk to use the free Wi-Fi.

## Knit & Crochet Drop-in

Drop-in to knit or crochet. No instructors, but friendly help available.  
9:00 - 10:30 a.m.  
Thursdays  
25¢ per week  
Copies cost 10¢ per page

## Police Time

Officer Sharon Wazny is here to answer questions about safety or police issues.  
11:30 a.m. - 12:30 p.m.  
Thursdays (new day)

## Ladies Billiards

Ladies, drop-in for some "women only" billiards. No men please. Center closed Sept 7.  
1:00 - 4:00 p.m.  
Mondays  
25¢ per day

## Wii Bowling

With the TV and Wii, you can "bowl" from a chair or standing. If you can swing your arm, you can Wii bowl in our lobby.  
10:00 - 11:30 a.m.  
Wednesdays

## Mexican Train Dominos

This is an easy game to learn - it's regular dominos with a fun twist.  
12:30 - 3:30 p.m.  
Wednesdays

## Scrabble

Play Scrabble with others who love to play.  
1:00 - 3:30 p.m.  
Wednesdays

## Lending Library

Borrow books from the library for free.

Do NOT re-shelve books; our great volunteer librarians do that!

**THANKS for the great response for Large Print Books.**

**Now we need WESTERNS!**

**Registration  
for Sept/Oct Happenings  
begins on Mon. Aug 31**

### Massage

Certified massage therapist Bonita Rose provides half-hour target areas massages or 1-hour full body massages. Call for an appointment: 303-655-2075.

Pay Bonita at time of service.

9:15 – 11:30 a.m.

Wednesdays

30 min. - \$26

1 hour - \$41

Deadline: Two days ahead

### Walk On!

Explore Brighton area trails and socialize! Meet at Eagle View the first day. After that we meet at selected locations. Wrap-up party Oct 28. Our fitness goal - walk the 5K Turkey Trot. Wear good walking shoes and bring water. Leader: Olly Ramirez.

8:00 – 9:30 a.m.

Wednesdays

Sept 2 – Oct 28

\$4 fee to join

### Dementia Caregiver Support Group

This evening drop-in group gives caregivers the chance to share their concerns, coping ideas, and tips for caring for a loved one with dementia. Sponsored by the Alzheimer's Association, and led by Sue Herzog.

6:00 – 7:30 p.m.

Thurs. Sept 3

### Medicare Counseling

Need Medicare help? You can receive one-on-one assistance with our SHIP counselor who is trained on Medicare insurance programs. Call Ermie at 303-655-2079 for an appointment. Adams County residents with general Medicare questions can call Centura Health Links at 720-321-8850.

12:00 - 3:30 p.m.

Tuesdays

Sept 8 & 22

### Medicare Series

Starts Tue. Sept 8, 10:30 a.m.

See insert!

### Craft Fair Registration

Our Craft Fair is Sat. Nov 7. Items must be hand crafted! One table per person; assigned on a first-come, first-served basis. Doors don't open until 8:00 a.m. Be prepared to wait outside in line. The \$25 fee is due at the time of registration.

8:00 a.m.

Wed. Sept 9

\$25 per table

### Bunco

Bunco is an easy game of dice that can be taught in minutes. Dessert and prizes are part of the day. Bunco fills up fast!

1:00 – 3:45 p.m.

Thursdays

Sept 10 & Sept 24

\$4

Deadline: Tues. before

### Caregivers Support

Taking care of a loved one? Learn valuable caregiving tips/resources, while gaining insight from others. Mary Thatcher from the Senior Hub facilitates (303-426-4408). Monthly drop-in program. Come when you can.

10:00 – 11:30 a.m.

Thurs. Sept 10

### Friday Feast

Maxine Delgado sounds just like Patsy Cline and will be doing a "Country Only" performance for us. We'll serve BBQ pulled pork, fruit salad, and dessert from Inglenook.

12:00 noon

Fri. Sept 11

\$4

Deadline: Wed. Sept 9

### Car Show

Everyone loves old cars, fancy cars, fast cars, and Brighton has a lot of cars! They will be proudly displayed in our parking lot. Call Sue 303-655-2076 to find out how to get your car in the show. Brighton Jazz will be performing throughout the morning. Everyone's welcome!

8:30 – 10:30 a.m.

Sat. Sept 12



### Blood Pressure Screening

Firefighters from the Brighton Fire Dept. will be here to perform free blood pressure checks. Stop by!

10:30 - 11:30 a.m.

Thurs. Sept 17

Mon. Sept 28



## Healthy Tips

Betty Stephenson shares the most recent research about nutrition and healthy eating. It's always great information. Stay for lunch & bingo. Call Eleanor at 303-655-2271 by Tues. for lunch reservations.

11:00 a.m.

Thur. Sept 17



## Prediabetes & Diabetes

Prediabetes means your blood sugar level is higher than normal but not YET high enough to be classified as Type 2 diabetes. Without intervention prediabetes is likely to become diabetes over time. Take action NOW to prevent it! Talk with Dr. Michelle Sleater (Internal Medicine PVMC) and learn the signs, symptoms, and treatment for prediabetes and diabetes.

12:00 – 1:00 p.m.

Fri. Sept 18

Deadline: Wed. Sept 16



## “After Midnight”

### Concert at the Armory

As part of the Brighton Concert Series, we are teaming up with the Armory to bring you one of the best swing bands in the Denver area. “After Midnight” plays that toe-tapping jazz and swing music made popular by Benny Goodman, Artie Shaw, and Lionel Hampton. Meet your friends at this free concert held at the Brighton Armory, 300 Strong Street.

4:00 p.m.

Sun. Sept 20

## VIA Meeting

Via Mobility Services invites you to an informational meeting to learn more about Via's transportation service in Brighton. Current Via riders will have an opportunity to share their feedback.

10:00 – 11:00 a.m.

Mon. Sept 21



## The Long Road Home

Join social worker, Laurel Okasaki, for this presentation that offers an honest and sensitive approach to examining the impact of dementia and memory loss on individuals and families. Learn to better understand the world of people with dementia and how to communicate with a gentle approach that promotes dignity and understanding.

1:00 p.m.

Mon. Sept 21

Deadline: Thurs. Sept 17

## Tues/Wed Gift Cards

Win a \$10 gift card thanks to the generosity of the Senior Advisory Board. Eat VOA lunch on Tues or Wed (or both) and your name gets in the end of the month drawing.

## Drug Take Back Day



Eagle View Adult Center

Thurs. Sept 24

10:00 a.m. - 12:00 noon

See Back Page for details.



## Lung Function Screening

National Jewish Medical Center and Visiting Nurse Association join together to provide free lung function (spirometry) screening. This simple, painless test takes just a few minutes and records your lung function when you blow into a special tube that measures air flow. A nurse will discuss your test results. Call EVAC at 303-655-2075 for an appointment.

10:00 a.m.- 12:00 noon

Thur. Sept 24

Deadline: Tues. Sept 22

## Low Vision Support Group

The Low Vision Support Group is a monthly drop-in group for seniors 55+ coping with vision loss. Connect with peers, receive emotional support, and process frustration as you cope with visual impairments. Learn about low vision resources, assistive technology, and current research. For questions call Melanie Shotwell at 720-308-7705.

1:00 – 2:00 p.m.

Mon. Sept 28

## Cribbage Tournament

Our monthly cribbage tournament includes prize winnings, refreshments, and lots of laughs. No registration, just drop-in and pay fee to the tournament volunteer.

12:30 p.m.

Wed. Sept 30

\$4

**Readers Theatre Plays**

Readers Theatre performances are back! They are always a lot of fun and only last about 20 minutes - plenty of time to have VOA lunch afterwards.

11:00 a.m.

Thurs. Oct 1 (for Sept)

Thurs. Oct 29 (for Oct)

★ **Decisions and Destinations**

This workshop looks in-depth at how to decide what possessions to keep, whether our things serve us, what to do with special mementos, and where to find new homes for unneeded items. Speaker: Lise Hildebrandt of Clean House/Clear Heart.

9:00 – 10:30 a.m.

Wed. Oct 7

\$11

Deadline: Fri. Oct 2

**Flu Shots**

Platte Valley Medical Center will be here to give ANNUAL flu shots. There is no co-pay if you have Blue Cross, Rocky Mountain Health, or Medicare. Bring your insurance card. Shot costs \$20 if self-pay. Date may change if vaccine is unavailable.

8:00 – 11:00 a.m.

Thurs. Oct 8

Free or \$20 self - pay

★ **Great Gadgets**

There are some great gadgets and new equipment available to assist seniors in their daily lives and to prevent falls. Some are simple to use and relatively inexpensive. Program is part of

our Caregiver Support Group. Everyone welcome! Call Mary 303-426-4408 with questions.

10:00 – 11:30 a.m.

Thurs. Oct 8

Deadline: Wed. Oct 7

**Friday Feast & Senior Games Victory Party**

Richard Fairchild plays guitar and sings 60s & 70s variety music and country classics. Lunch: Chicken 'n Corn Bake, salad, and dessert provided by Brookdale. Come at 11:45 a.m. to congratulate our 2015 Brighton Senior Games team.

11:45 a.m.

Fri. Oct 9

\$4

Deadline: Wed. Oct 7

**The 4 Ways People Plan Their Estates**

There are only 4 methods for transferring your assets upon death. Learn the benefits and drawbacks of each strategy and the tools used, like wills and trusts. Presented by an attorney at Dolan & Associates. Free!

1:30 p.m.

Wed. Oct 14

Deadline: Mon. Oct 12

★ **Octoberfest**

The Heartlanders will play all the polkas and German music that we love! Evening starts with grilled Bratwurst and all the fixings!

5:00 p.m.

Wed. Oct 14

\$6

Deadline: Mon. Oct 12



★ **Healthy Holiday Cooking Demo**

From Halloween to New Year's, eating healthy seems impossible, but it doesn't have to be. Let Chef Mike Anderson of Platte Valley Medical Center show you how to create a healthy, delicious holiday meal.

12:00 – 1:00 p.m.

Fri. Oct 16

Free - Space is limited.

Deadline: Wed. Oct 14

**Halloween Costume Party**

Halloween is not just for kids! Last year we had 15 participants in our costume contest! Join us for this free event with prizes and surprises. Stay for the free Readers Theatre play and the VOA lunch immediately after.

10:00 a.m.

Thurs. Oct 29

VOA Lunch \$2.50

**Descriptions on Page 4 & 5****Dementia Support Group**

Thurs. Oct 1 6:00 p.m.

**Medicare Counseling**

Tues. Oct 6 & 20

**Caregivers Support Group**

Thurs. Oct 8 10:00 a.m.

**Blood Pressure Screening**

Oct 8 & 26 10:30 a.m.

**Bunco**

Thurs. Oct 8 & 29 1:15 p.m.

**Healthy Tips**

Thurs. Oct 15 11:00 a.m.

**Low Vision Support Group**

Mon. Oct 26 1:00 p.m.

**Cribbage Tournament**

Wed. Oct 28 12:30 p.m.

**Registration for Trips  
begins on Tues. Sept 1  
See Page 2 for details.**



**Denotes lots of  
walking**

## Sushi Den

Join us for LUNCH! Sushi Den in Denver has been regarded as one of the premier sushi and Japanese restaurants in the U.S. for 28 years. Not only do they offer many sushi items that are cooked, they also offer an extensive menu of fusion, vegetarian, gluten free, and traditional dishes. For dessert, they bake light and delicious cakes, pies and brûlée daily.

10:30 a.m.

Fri. Sept 4

\$5 (plus meal \$20+)

Deadline: Thurs. Sept 3

## Rockies vs. San Francisco

The Rockies play San Francisco at Coors Field in Denver. Come support our team this Labor Day weekend. We will arrive early for close-in parking. Food available for purchase – or bring your own. Two handicapped seats available.

11:30 a.m.

Sun. Sept 6

\$16 (plus food \$)

Deadline: Tues. Sept 2  
by noon

## Broadmoor & the Bee



### *Back by Popular Demand*

If you missed out last month we are headed back to the beautiful Broadmoor Hotel in Colorado Springs where a hotel concierge will treat you to a history tour of the hotel. Lunch before at a 19th century English Pub - The Golden Bee.

9:30 a.m.

Wed. Sept 9

\$15 (plus meal \$15+)

Deadline: Fri. Sept 4

## Century – Gambling

Try your luck at the Century in Central City. Play free Bingo once per hour and receive 2x points, and 50% off food. Depart Central City at 4:00 p.m. THURSDAY trip!

8:45 a.m.

Thurs. Sept 10

\$15

Deadline: Tues. Sept 8  
by noon

## Wild Animal Sanctuary



### *By Request*

“Lions, and tigers and bears, oh my!” Start with a late lunch at the Pepper Pod in Hudson.

Then off to the Wild Animal Sanctuary in Keenesburg for a visit when the animals are most active. Lots of walking. Bring an umbrella for shade.

1:15 p.m.

Wed. Sept 16

\$20 (plus meal \$10+)

Deadline: Fri. Sept 11

## Michael Martin Murphy *By Request*

Join Michael Martin Murphy as he returns to the UCCC in Greeley. In the ‘70s, Rolling Stone Magazine called him “one of the best songwriters in America.” He has topped the pop, country, bluegrass, and western music charts, has six gold albums and many Grammy nominations. No meal.

5:30 p.m.

Fri. Sept 18

\$30

Deadline: Fri. Sept 4

## Cemetery Stroll

Join us as we travel through Fort Collins’ past and revisit the honorees that helped them grow from a military fort to the vibrant city they are today. This year’s event will feature the best of years past - from mayors and rag merchants to educators and entertainers, veterans and historians. Enjoy a commemorative Pioneer Picnic with music and entertainment.

9:00 a.m.

Sat. Sept 19

\$21

Deadline: Fri. Sept 11



**“After Midnight”**

Don't want to go to the concert alone? Take the trip with EVAC! Lunch at Heritage Todd Creek Clubhouse, then off to the Brighton Armory for a concert by “After Midnight.” “After Midnight” is a popular jazz and swing band featuring the music by Benny Goodman, Artie Shaw, and more.

12:45 p.m.

Sun. Sept 20

\$4 (plus meal \$15+)

Deadline: Thurs. Sept 17

**Cherry Creek Fresh Market**

Visit the award-winning Cherry Creek Fresh Market. It is the largest farmers market in Denver and has been touted as the "Cadillac of farmers markets." You will find a mix of Colorado growers and unique local gourmet food vendors representing the best of the Rocky Mountain region and beyond. Enjoy lunch on your own in the Cherry Creek shopping area.

9:00 a.m.

Wed. Sept 23

\$6 (plus meal \$18+)

Deadline: Fri. Sept 18

**Peak to Peak**

Drive with us through some fall colors and partake of Denver History Tours “Peak to Peak Highway” van tour. Enjoy a scenic masterpiece like few others - The Peak to Peak Highway. Filled with history, sights and diversions sure to entertain even the most jaded urbanite. Learn some historical facts while enjoying the colors! We will stop for lunch along the way. This trip can only accommodate 12 people so sign up early.

9:00 a.m.

Thurs. Sept 24

\$21 (plus meal \$15+)

Deadline: Thurs. Sept 10

**Fishing –  
Mary’s Lake****By Request**

Enjoy an early morning venture to Mary’s Lake in Estes for some fishing. Bring your poles and your gear and head up to a place of beauty and fish o’plenty (hopefully). Fishermen have first priority on the van. If seats are available non-fishermen may join the trip. Pack your lunch and don’t forget your fishing license.

6:00 a.m.

Mon. Sept 28

\$5 (plus snack \$)

Deadline: Wed. Sept 23

**Alberta Falls Hike****By Request**

Hike with us through the fall colors in Estes Park! We will hike 0.6 miles one way on an gradual upward sloping hill before reaching Alberta Falls. The trail winds through aspen forest, where there are many sunny outlooks and vantage points of the gorge. For the more adventurous enjoy the falls and keep on hiking to the luscious lakes. Pack your lunch. Bring plenty of water and money for ice cream.

8:00 a.m.

Wed. Sept 30

\$6 (plus snack \$)

Deadline: Fri. Sept 25



Hikers on their way to Blue Lake - (L-R) Greg Buchholz, Rosalie Hanley, Josiana Larch, Steve Brown, Mike Whitney, and Jim Johnson. Get a copy of “On the Road Again” our trip brochure for new information on outdoor trips.



**Registration for ALL Trips  
begins on Tues. Sept 1  
See Page 2 for details.**

## Fall Colors Tour

Fall is the perfect time to be in the high country to see Colorful Colorado. For this fall colors tour we will follow Mother Nature's route of changing colors. We will stop for lunch. Additional opportunities to see fall colors with EVAC are in September - the Peak to Peak (Denver History Tour) or Alberta Falls hike in Estes.

9:00 a.m.

Thurs. Oct 1

\$6 (plus meal \$)

Deadline: Thurs. Sept 24

## Okole Maluna

*Aloha!* Join us for lunch! Dine at Northern Colorado's most unique experience into Hawaiian and Pacific Rim cuisine in Windsor. Rooted with flavors rich in tradition, Okole Maluna Hawaiian Grill blends classic island dishes with new-edged fusion.

9:45 a.m.

Fri. Oct 2

\$4 (plus meal \$15+)

Deadline: Mon. Sept 28

## The Nature of Horses

### *By Request*

Lunch first at Steubens. Then Denver Botanical Gardens will provide us with a guided tour. We will explore the American artist Deborah Butterfield's use of minimalistic line and

powerful form as she captures the essence of the horse in her contemporary sculptures—visions of strength and grace.

10:00 a.m.

Mon. Oct 5

\$21 (plus meal \$15)

Deadline: Fri. Sept 18

## Rediscovering Ancient America

"Rediscovering Ancient America" starts off the Northglenn Travel Film Series. Travel across the U.S and back in time to uncover accomplishments by Native Americans. See the Serpent Mound, the Marching Bears of Iowa's Effigy Mounds, and more. Lunch after TBA.

9:45 a.m.

Wed. Oct 7

\$11 (plus meal \$)

Deadline: Tues. Sept 22

## Mystic India

### *By Request*

If you have ever wanted to visit India, "Mystic India" is your direct flight there. UCCC in Greeley presents a show that features renowned musicians, brilliant dancers, breathtaking aerialists and acrobats. "Mystic India" takes audiences on a fun journey through the "Bollywood" film industry and Indian culture.

6:00 p.m.

Fri. Oct 9

\$44

Deadline: Thurs. Sept 24

## Hike Vedauwoo



Head up to Wyoming for a day of beauty and hiking. This hike is located between Laramie and Cheyenne and was once used as a hideout for outlaws. Native Americans thought playful spirits piled up the boulders. There are a couple of trails to choose from in this scenic area. Pack your lunch and plenty of water.

8:00 a.m.

Mon. Oct 12

\$5 (plus snack \$)

Deadline: Thurs. Oct 8



Hikers: Marilyn Rowe, Christina Harris, Charlotte Jacobucci, and Bonnie Reed

## Gambling – Reserve

Join us on another venture into the land of luck as we head to The Reserve in Central City. Bring your players card for a \$10 food credit, \$10 match play and a \$5 food credit. Depart from Central City at 4:00 p.m.

8:45 a.m.

Tues. Oct 13

\$15

Deadline: Thurs. Oct 8  
by noon

**Big Band Classics**

Experience a thrilling big-band jazz concert with Denver's top jazz musicians at the Rialto Theater in Loveland. The concert features nineteen of Colorado's best jazz musicians under the artistic direction of Grammy-nominated trombonist and composer Steve Wiest. Dinner before at Mo Betta Gumbo.

4:00 p.m.

Sat. Oct 17

\$28 (plus meal \$15+)

Deadline: Thurs. Sept 10

**Geology Museum*****By Request***

Join us on a tour of the Colorado School of Mines Geology Museum in Golden. Bring your own rocks and have them identified, learn about Colorado's mineral heritage and so much more. Lunch at Old Capitol Grill to follow.

9:45 a.m.

Wed. Oct 21

\$6 (plus meal \$15+)

Deadline: Wed. Oct 7



**REMEMBER:** Please arrive **15 minutes BEFORE** the published leave time for all trips so we can leave on time.

**Sherlock Holmes Exhibit**

The Denver Museum of Nature & Science presents an international exhibition of Sherlock Holmes. You will step into Victorian London and work alongside Sherlock as he tackles a baffling new case using your curious mind and emerging scientific methods. Pack your lunch or eat at the T-Rex Cafe on site. Price includes admission to the special exhibit and museum.

9:00 a.m.

Fri. Oct 23

\$25 (plus meal \$)

Deadline: Fri. Sept 25

**Haunted Denver Tour**

Celebrate Halloween on a Denver History Tour and explore the characters and events that have resulted in some of the city's best known ghost stories. They don't promise you'll see a manifesting ghost but, whether you're a believer or not, it will be a terrifyingly good time. Tour includes a break for lunch, so bring meal money.

Trip A - 9:00 a.m.

Tues. Oct 27

\$21 (plus meal \$)

Deadline: Mon. Oct 12

Trip B - 9:00 a.m.

Fri. Oct 30

\$21 (plus meal \$)

Deadline: Mon. Oct 12

**November Trip with an OCTOBER deadline****Buddy Holly**

Boulder Dinner Theater presents The Buddy Holly Story - the true story of Buddy's rise to fame, from that moment in 1957 when "That'll Be The Day!" hit the airwaves until his tragic death less than two years later on "The Day The Music Died." Dinner, non-alcoholic beverage, show, tip and tax is included in the price. Optional tip for actors is not included.

10:45 a.m.

Sun. Nov 1

\$54

Deadline: Mon. Oct 5

**City of Brighton  
Fall Events****Sept 18 & 19**

Trash Bash

**Sat. Sept 19**

Eco Fair

Electronic recycling

Chemical Roundup

**Sat. Oct 17**

Elmwood Cemetery Walk

**Sat. Nov 7**

Eagle View Craft Fair

**Sat. Nov 21**

Turkey Trot

For more info and locations, go to the City of Brighton website at [www.brightonco.gov/events](http://www.brightonco.gov/events).

**Registration for  
ALL CLASSES  
begins Mon. Aug 31**

### Bridge – Beginning

Beginning bridge is open to anyone desiring to learn bridge fundamentals. No prior knowledge of how to play bridge is preferred for this class. Instruction will begin with learning the fundamentals followed by practice.

Evaluation of hands and how to score will also be included.

Instructor: Bobbie Jo Unruh.

10:00 – 11:00 a.m.

Thursdays

Sept 10 – Oct 29

\$12 (8 wks)

Deadline: Tues. Sept 8

### Bridge – Level II (Enhancing Your Game)

This class is for participants who know basic bridge fundamentals. A review of the fundamentals will be followed by expanding your knowledge of bridge playing: evaluating bridge hands through bidding; most prominently used conventions; correct scoring; and how to play hands and read game play. The differences between party bridge, regular bridge, and duplicate bridge will be explored as well.

Instructor: Bobbie Jo Unruh

8:45 – 9:45 a.m.

Thursdays

Sept 10 – Oct 29

\$12 (8 wks)

Deadline: Tues. Sept 8

### Craft Time

Time and space for people who enjoy any dry craft such as tatting, knitting, crocheting, beading, and jewelry making.

No instructors. Join anytime for the one time fee of \$4.

10:00 – 11:00 a.m.

Mondays

Sept 14 – Oct 26

\$4

### Color Me

Coloring for grown-ups is becoming a nation-wide pastime! Color preprinted elaborate designs with colored pencils or markers. Great as a stress reliever, just for fun, or to fight boredom. Receive a pack of colored pencils and 5+ designs to complete.

1:00 – 2:30

Mondays

Sept 14 – 28

\$3

Deadline: Fri. Sept 11

### European Witch Craze

Just in time for Halloween . . .

Between 1580 -1650 there were nearly 100,000 witch trials in Europe, amounting to mass hysteria. Each class meeting you will watch two 30 minute DVD lectures by Dr. Teofilo Ruiz, European History Chair at Princeton. Afterwards, Steve Winkler will facilitate a discussion.

1:00 – 2:30 p.m.

Wednesdays

Sept 30 – Oct 28

\$3

Deadline: Mon. Sept 28

### Exercise

Lois Burrell leads this “stretch & get moving” exercise class for people of all fitness levels. Drop-in class - pay \$1 per day. Come when you can! No class Sept 7.

10:00 – 11:00 a.m.

Mon/Wed/Fri

Sept 2 - Oct 30

\$1 daily fee

### Fit Ball Class

Fit balls can provide a wonderful way for seniors to improve balance, flexibility and core strength without expensive equipment. Mary Beth Schoeninger, instructor and physical therapist from PVMC, can show you ways to modify any of the exercises for all fitness levels.

10:30 – 11:30 a.m.

Thursdays

Session I: Sept 3 – 24

\$20 (4 wks)

Deadline: Wed. Sept 2

Session II: Oct 1 – 29

\$25 (5 wks)

Deadline: Wed. Sept 30

### Folded Book Art

Ellie Davis will teach you the art of folding books using patterns. You will learn how to mark a book yourself for folding. Pattern choices: Baby Feet or the words Welcome, Smile, Believe, Dream. Tell us your pattern choice at registration.

12:30 – 2:30 p.m.

Wednesdays

Oct 7 - 21

\$10

Deadline: Wed. Sept 30

**Genealogy**

Facilitators Sheryl Johnson and Fred Trail will show you free and fee websites to help your search for your ancestors.

Class limited to 3 on our EVAC computers. Five additional students can bring a laptop or I-device with wireless capabilities and a flash drive. Some computer ability necessary. No class Sept 18.

9:00 – 10:30 a.m.

Fridays

Sept 4 – Oct 30

\$8 (8 wks)

Deadline: Thurs. Sept 3

**Greeting Cards**

Ella Hastman will teach you how to make amazing greeting cards using a variety of materials - ink stamps, colored paper, old cards, and die cuts.

Two cards completed per class. Instructor furnishes all supplies.

9:30 – 11:30 a.m.

Fridays

Sept 11 & 25, Oct 9 & 23

\$5 per class meeting

Deadline: Wed. before

**More classes on  
back page!**

**I-Device Built-in Apps  
and  
Diabetes Prevention  
Program**

**Healthier Mind**

A healthier mind could mean a healthier you. When you change the way you think, you will change the way you live! Are you experiencing changes in your health or being crushed by life circumstances? Are you newly retired, divorced or widowed - and you just can't seem to move forward? Then come support one another in changing the way you think and set yourself free from negative thinking.

Led by Dolores Folkenroth.

9:30 – 11:00 a.m.

Wednesdays

Sept 9 – Oct 28

\$2

Deadline: Tues. Sept 8

**History: Origins of the Constitution**

Learn how early religious laws helped shape the development of the constitution. We will look at Jewish, Buddhist, Catholic, Protestant, and other religions to see how their absolute laws evolved into a constitution that granted freedoms and put an end to tyranny. Long-time history teacher Bob Ellis will provide historical facts to stimulate conversational learning.

Session I: 9:00 -10:00 am

Session II: 10:15-11:15 am

Mondays

Sept 14 – Oct 26

\$3 (7 wks)

Deadline: Thurs. Sept 10

**Japanese Bunka Embroidery**

Learn the art of Japanese Bunka Embroidery. Make amazing framed art by “punching” thread through stretched fabric with a special tool. Supplies and kits available for purchase from instructor, Donna Heneger. Three slots are saved for beginners and first kit is included.

10:00 a.m. – 12:00 noon

Wednesdays

Sept 9 – Oct 28

\$40 (8 wks)

Deadline: Tues. Sept 8

**Line Dance – Beginner**

This class is for those who are new to line dancing. Instructor Judy Yamakishi will teach you basic dance steps. You will then learn 1 or 2 dances per class.

There will be lots of repetition.

8:30 – 9:25 a.m.

Fridays

\$20 (4 wks)

Session I: Sept 4 - 25

Deadline: Thurs. Sept 3

Session II: Oct 2 - 23

Deadline: Thurs. Oct 1

**Line Dance – Level 2**

Learn the newest line dance routines! No partners needed to enjoy this fun form of country dancing. Some experience in line dancing is necessary. If you've taken Beginning Line Dancing several times try this class.

9:30 – 10:30 a.m.

Fridays

\$20 (4 wks)

See session dates above.



**Oil Painting**

Instructor Judy Schissler welcomes new and veteran artists into oil painting class. Veteran painters work on their choice of paintings. Beginners choose from pre-selected art to learn basic skills. Four slots for beginners to allow for quality instruction time.

9:30 – 11:30 a.m. class

1:00 – 3:00 p.m. class

Tuesdays

\$10 (per sess/time slot)

Session I: Sept 8 – 29

Deadline: Fri. Sept 4

Session II: Oct 6 - 27

Deadline: Mon. Oct 5

**Pewter**  
**Hummingbirds**


Don and Kay Norris of Silver Creations will teach and demonstrate pewter casting. Learn how sculptures are molded, a brief history of pewter, and how to cast and finish it. Each student will then cast their own hummingbird by ladling pewter into rubber molds. For \$10 more (payable to instructor) you can cast an additional hummingbird or a columbine flower. Limit one class per person.

Session I – 1:00 p.m.

\$22

Wed. Sept 16

Deadline: Tue. Sept 15

Session II – 10:00 a.m.

\$22

Fri. Oct 30

Deadline: Thurs. Oct 29

**Quilting – Beginning**

It's almost the holidays so let's set our tables. Learn to make placemats, table runners, or mug rugs.. Supply list and patterns will be available the first day of class. If you have never quilted before, please talk to instructor, Teri Hendrickson, before purchasing any tools.

1:00 – 3:00 p.m.

Fridays

Sept 4 – Oct 23

\$15

Deadline: Thur. Sept 3

**Quilting Intermediate –**  
**Double Wedding Ring**

Join us in making the Double Wedding Ring, a traditional pattern, in a new way. Make a table runner or a quilt of any size – pattern provided. Receive a materials list at sign up – use your own fabric and quilting tools. Instructors: Shari Coren and Cheryl Stoddard,.

1:00 – 3:00 p.m.

Thursdays

Sept 10 – Oct 22

\$15

Deadline: Tues. Sept 8

**Readers Theatre**

Find the performer in you! Memorization is not needed and being involved is great fun! Bring a pencil, highlighter and a 12" x 10" black ¼ - ½" 3-ring binder. Instructor: Dolly Garcia.

1:30 – 2:30 p.m.

Tuesdays

\$3

Session I: Sept 8 – 29

(Performance Thurs. Oct 1)

Deadline: Fri. Sept 4

Session II: Oct 6 – 27

(Performance Thurs. Oct 29)

Deadline: Fri. Oct 2

**Tatting**

Tatting creates a durable lace by handcrafting a series of knots and loops. Use this lace to adorn your clothing, hats, and accessories. Instructor Charlotte Jacobucci will teach you this craft. Registration for tatting includes registration in "Craft Time" for no additional charge.

9:15 – 9:45 a.m.

Mondays

Sept 14 – Oct 26

\$4

Deadline: Join any time

**Wood Carving**

Learn to carve wood for the first time or work on a current project and pick up new techniques from experienced carvers. Call Tony Dill for free beginner instruction: 303-775-2256. Join anytime!

8:00 – 10:00 a.m.

Tuesdays

Sept 1 – Oct 27

25¢ per day (pay in class)



Greg Watson and Tom Nakata

## Writing What You Know

Join us as we write stories to pass on our memories to posterity. You will write your stories in your "voice," with your words and your grammar. We will read samples of memoirs and essays, explore techniques to make your writing interesting and share our stories with each other.

Instructor: Shari Coren.

9:30 – 11:00 a.m.

Wednesdays

Sept 2 – Oct 28

\$15

Deadline: Tues. Sept 1



## Yoga – Adaptive

Adaptive yoga is designed for people living with mobility impairments. Yoga postures are modified to accommodate your needs. Class size limited to 5-6 people to ensure individualized attention by Karen Vizyak, physical therapist and certified yoga teacher. People in wheelchairs and walkers are especially encouraged to join. No class Sept. 15.

9:00 – 10:00 am

Tuesdays

Session I: Sept 1 - 22

\$24 (3 wks)

Deadline: Mon. Aug 31

Session II: Oct 6 - 27

\$32 (4 wks)

Deadline: Mon. Oct 5

## Yoga – All Levels

This class is for beginning and continuing yoga students. Some yoga experience is necessary. The class will be modified for various levels by instructor Caroline Priola.

12:30 – 1:30 p.m.

Thursdays

Session I: Sept 3 - 17

Deadline: Wed. Sept 2

\$15 (3 wks)

Session II: Oct 8 - 29

Deadline: Wed. Oct 7

\$20 (4 wks)

### Note on Beginning Yoga:

Initially, you may sign up for either Beginning Yoga on Tues A.M. or Thurs P.M. - **but not both**. After the deadline you may register for both, if space is available.

## Yoga – Beginning A.M.

Are you curious about yoga? This basic class will focus on relaxation and breathing, as well as increased range of motion and flexibility.

Instructor: Carolyn Priola.

If you have considerable physical limitations please enroll in Adaptive Yoga.

10:15 – 11:15 a.m.

Tuesdays

\$20 (4 wks)

Session I: Sept 1 - 22

Deadline: Mon. Aug 31

Session II: Oct 6 - 27

Deadline: Mon. Oct 5

## Yoga – Beginning P.M.

Beginning classes are so popular we added a second class. This basic class will focus on relaxation and breathing, as well as increased range of motion and improved flexibility. If you have considerable physical limitations, please enroll in Adaptive Yoga.

1:45 – 2:45 p.m.

Thursdays

Session I: Sept 3 - 17

Deadline: Wed. Sept 2

\$15 (3 wks)

Session II: Oct 8 - 29

Deadline: Wed. Oct 6

\$20 (4 wks)

## Yoga - Continuing

Improve your health and flexibility with this continuing yoga class for students who have been in yoga class before.

Instructor Carolyn Priola will focus on gentle yoga to increase flexibility, improve range of motion, and reduce stress. Participants should be comfortable getting onto floor.

9:00 – 10:00 a.m.

Tuesdays

\$20 (4 wks)

Session I: Sept 1 - 22

Deadline: Mon. Aug 31

Session II: Oct 6 - 27

Deadline: Mon. Oct 5

Don't know what class to take? Come to our **Class Showcase!**  
See back page.

## Senior Advisory Board

The purpose of the Advisory Board is to advise and assist in the needs and operations of Eagle View. The Board will meet Tues. Sept 15 & Oct 20 at 1:00 p.m. No meeting in Aug. Members are: Chuck Phelps, Fran King, Dave Thomas, Peggy Jarrett, Dan Buckner, Lois Burrell, Jane Talbot, Bill Alsdorf, Dave Jacovetta, Heidi Storz, Judy Schissler, and Richard Villalva. JW Edwards is the City Council representative. Visitors are always welcome.

## Friends Program Fund

The Senior Advisory Board has established a scholarship fund. The Friends Program Fund provides financial assistance to older adults with limited financial resources to participate in programs sponsored by Eagle View Adult Center. The simple application form is available at the front desk. Application must be approved PRIOR to registering for the event. Donations to the fund are appreciated.

## Charitable Contributions

Together we can continue to enhance the great programs and services offered for seniors and active adults in the Brighton area. Your financial support will be recognized on the donor wall at Eagle View. All donations are tax deductible. Make donations payable to: Brighton United Senior Citizens, 1150 Prairie Center Parkway, Brighton, CO 80601.

Donor Opportunities for Wall Recognition:

Friend: \$100 - \$499

Memorial: \$100+

Sponsor: \$500 - \$999

Benefactor: \$1000+

## Recycle Aluminum Cans

Bring your aluminum cans to be recycled to the brown bins located just inside the community gardens. Proceeds benefit Eagle View. Thanks to the City of Brighton Parks Department for their assistance with this fundraising project.

## Trip and Activity Policies

- Anyone 55 years of age or older is given priority to participate in all center activities and programs.
- If adults age 40 - 54 want to attend a class, trip, or a space-limited event they will be added to a wait list. Inquire at the EVAC front desk.
- Payment is due at registration. Cash and checks only. Keep your receipt.
- The Center reserves the right to cancel any activity if minimum registration is not met.

### Refund Policy for Cancellations:

#### If the CENTER cancels the activity/trip:

Full refunds will be given.

#### If YOU cancel BEFORE the deadline date:

Refund of cost, minus a \$4 cancellation fee.

If activity charge is \$4 or less, NO refund is given.

**Allow one week to process refunds.**

#### If YOU cancel AFTER the deadline date:

NO REFUND IS GIVEN unless we can sell your spot. If you are unable to go on a ticketed trip, **DO NOT** sell or give your space to someone else before checking with Eagle View to see if there is a waiting list. If there is NO wait list, you may give away or sell your trip space after telling the Center **BEFORE** the trip - one day notice preferred.

## Outreach & Referral

Do you need help and don't know where to turn?

Ermie Marquez will assist you with completing forms, help you find needed services, and make home visits to assist homebound people! **Call 303-655-2079 for an appointment. NO appointments after 3:00 p.m.**

## Transportation

VIA provides specialized transportation within the City of Brighton. VIA can take you to medical appointments, grocery shopping and Eagle View, to name just a few of the places you can go in Brighton. Call 303-447-2848 x1014 for more information; to schedule rides, call 303-447-9636.

**Call-n-Ride** - The green bus is an RTD service. Call 303-994-3549 to make a reservation. The driver will pick up and deliver you anywhere within Brighton, Mon - Fri, 6:00 a.m. - 7:00 p.m. Cost is the local RTD bus fare.

# Don't Miss This!



## Diabetes Prevention Program

The National Diabetes Prevention Program is an evidence-based lifestyle change course designed to reduce the risk of Type 2 diabetes. The year long program consists of 16 group meetings beginning weekly in Oct/Nov. Learn how to reduce your diabetes risk by: 1) weight loss through healthy eating; 2) increasing physical activity, and 3) overcoming barriers to change. Program is offered by COAW and a grant from Kaiser. Earn all or some of your registration fee back through participation.

1:00 – 2:00 p.m.

Mondays

Weekly Oct 12 – Nov 23

Bi-Weekly Dec – April

Monthly Second Monday May - Sept 2016  
\$40

Deadline: Wed. Sept 30

## Drug Take Back Day

The Brighton Police Department is hosting “Drug Take Back Day” where you can dispose of unused, expired prescriptions and over-the-counter medications & vitamins. Keep unwanted meds out of our water supply and out of the hands of teens!

Eagle View Adult Center

Thurs. Sept 24

10 a.m. – 12 noon (Not accepted after 12:00!)

Brighton Police Station, 3401 East Bromley

Sat. Sept 26 10 a.m. – 2 p.m.

## I-Device Built-in Apps



Own an iPhone or iPad? Become more familiar with all that you can do as we take an in-depth look at the Apple apps that come with the devices. Participants, bring your fully charged device and your Apple ID password. Arrive early to sign on to the Wi-Fi before class. Instructor: Lisa Asmussen.

8:30 – 10:00 a.m.

Tuesdays

\$25

Session I     Deadline: Fri. Sept 4

Sept 8 - App Store, Clock, Find iPhone

Sept 15 - Maps, Mail, Contacts

Sept 22 - Siri, Reminders, Messages

Session II     Deadline: Thurs. Oct 1

Oct 6 - Photos, FaceTime, Camera

Oct 13 - Safari and Internet

Oct 20 - Apps review/practice skills

## Class Showcase

Join us for a two-hour open house, featuring class demonstrations, exhibits, and giveaways. Talk to the instructors. Try a 20 minute mini exercise session. Come see what you can learn!

Friday, Aug 28

9:00 – 11:00 a.m.

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